



WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: Exhibit 6.07B

Effective Date: 7/26/99

Issue Date: 7/26/99

6. NUTRITION SERVICES

6.07 Nutrition and Breastfeeding Staffing

FINAL

NUTRITION EDUCATOR

General Description

This individual performs and plans nutrition education services and activities for the WIC Program. The Nutrition Counselor may provide technical advice.

Examples of Work in Nutrition Services

- Ë Identifies nutritional needs of the agency's WIC population. With the WIC Coordinator and Nutrition Counselor, plans, develops and evaluates the agency's nutrition education programs to address identified needs.
- Ë Develops nutrition education individual lesson outlines and group nutrition education lesson plans. Reviews and approves lesson outlines and lesson plans developed by Non-Nutrition Health Professionals and Nutrition Education Assistants.
- Ë Participates in the selection, preparation and evaluation of teaching aids and materials used in the Program.
- Ë Conducts individual and group nutrition education sessions.
- Ë Records work performed and document encounters in participant charts.
- Ë May carry out portion of nutrition care plan.
- Ë May provide training, guidance and evaluation of the technical performance of the WIC Nutrition Education Assistant and Non-Nutrition Health Professional.

Recommended Knowledge, Skills and Abilities

The following standards for knowledge, skills and abilities are recommended for person's functioning in the role of Nutrition Educator. Staff meeting the qualifications of WIC Nutrition Educator, but not performing at one or more of these standards should attain the knowledge, skills and abilities through continuing education and training.

- Ë Extensive knowledge of food composition, normal nutrition and breastfeeding, nutrition risks and their implications for health and disease.
- Ë Extensive knowledge of food preparation and meal planning.



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- Ë Extensive knowledge of behavioral change techniques to achieve health and nutrition objectives.
- Ë Ability to relate to and communicate with the WIC participants and WIC staff.
- Ë Ability to motivate self, staff and WIC participants.
- Ë Ability to assess for social, psychological and economic factors that affect nutrition intake.

Qualifications

This position requires individuals to have considerable understanding of the affect of health behavior and nutrition practices on health status. Thus, individuals fulfilling this position should have considerable health education and nutrition training at least at a bachelor's degree level. The following professionally trained individuals may perform these tasks:

- Ë Nutritionist (BS in foods/nutrition, dietetics, or R.D. eligible)
- Ë Masters degree in human nutrition or public health nutrition